

January 22, 2021

Issue #38

**Harry D. Cohen,
Owner of the
Black Pearl,
Steps Out of His
Comfort Zone**

The
Crazy Wisdom
Weekly

shining a light in the dark



The Crazy Wisdom Weekly

Need a break from the winter doldrums? Visit the Matthaei Botanical Garden online to see what's in bloom. You can also schedule a virtual field trip for your distance-learning student at mbgna.umich.edu.



Table of Contents

Word of the Week	page 4
Out of My Comfort Zone with Harry D. Cohen By Diane Majeske.....	page 5
To Vaccinate Or Not To Vaccinate, That Is the Question By James Neuenschwander, M.D.....	page 7
Falling Awake: Mindfulness for Depression and Anxiety By Lynn Sipher.....	page 10
Crazy Wisdom Book Pick of the Week.....	page 11
By Kim Gray	
Crazy Wisdom Poetry Series.....	page 13
David's Eggs.....	page 14
Comfort Food By Angela Madaras.....	page 15
The Crazy Wisdom Weekly Calendar.....	page 16
A Final Thought.....	page 18

The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipes, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!





Calendar/Assistant Editor Wanted

The Crazy Wisdom Community Journal is looking for a detail-oriented Calendar Editor/Assistant Editor, a person who is interested in the holistic and conscious living subjects covered in our publication.

The Journal is published three times a year and we are looking for an Assistant Editor to work closely with our Managing Editor and do a variety of tasks each week (approx. 4-5 hours) including: proofreading, fact-checking, uploading blogs to our websites, uploading calendar events, brainstorming article and feature ideas, update searchable documents, and helping build more online presence for the Journal.

This person would also be our Calendar Editor, and would be in charge of compiling and editing the community calendar for our readership – somewhere between 300 and 550 listings per issue. We are looking for someone who has an interest in local events, knows how to use Google sheets and forms, is familiar with Word, and is a good proofreader. Experience with Wordpress and/or Squarespace websites is a bonus, but we are willing to train the right person. Online marketing experience a plus. You must own your own computer and have reliable internet and phone service, as this is a work-from-home position, and you must be local to the Ann Arbor area.

If you are a team player and are interested in this position, please email a letter of interest, a resume with relevant work experience, and a writing sample to:

Jennifer@crazywisdom.net.

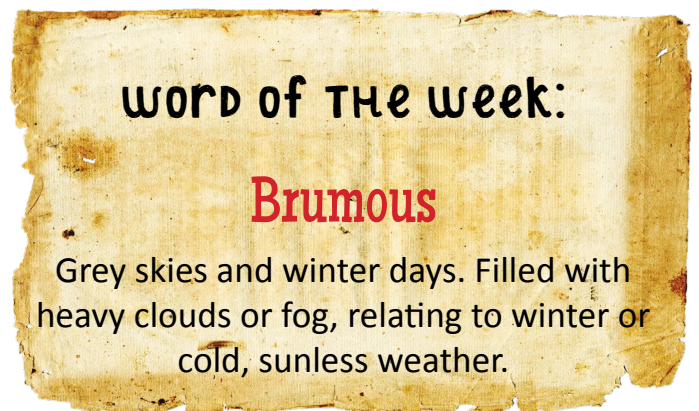
No part of this publication may be reproduced for any reason without the express written approval of the publisher. There is a token fee charged if you would like to use an article in this publication on your website. Please contact us first. Articles from back issues will be available on our website's archive.

Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

Copyright © Crazy Wisdom, Inc., January 22, 2021.

Thank you to our contributors for this issue:

Moira Payne
James Neuenschwander M.D.
Lynn Sipher
Angela Madaras
Kim Gray
Carol Karr
Jennifer Carson
Bill Zirinsky



Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.



OUT OF MY *Comfort Zone*

From Issue #76, Winter 2021

By Diane Majeske

HARRY D. COHEN—BE THE SUN, NOT THE SALT

Harry D. Cohen is an executive coach, speaker, owner of the Black Pearl (a restaurant in Ann Arbor), and author of the new book Be the Sun, Not the Salt. He stepped out of his comfort zone in 2015 to deliver a live TEDx talk at Elon University. You can watch his talk [here](#).

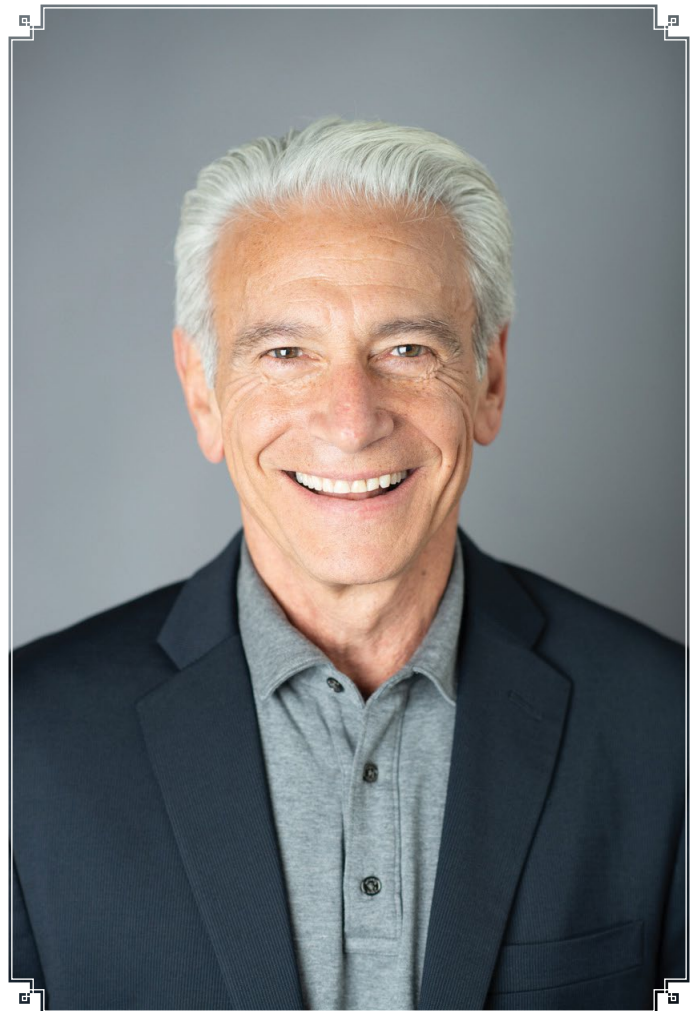
Here is my attempt to articulate my experience of pushing through my discomfort zone. Five years ago, I was asked to do a TEDx talk. I speak for a living so giving a public talk is not a big deal, but a TED talk is the equivalent of an actor being asked to host the Academy Awards. I had never done anything like that before.

The performance is recorded live, and you get one take, that's it. You don't get to edit it. You don't get to shelve it. If you blow it, you're the guy who blew it. There is a permanent record online. Shall I go on? Putting yourself out there for the world to give you the big thumbs-up or thumbs-down was, and is, and will always be, quite scary.

I experienced the fear, and I did it anyway, and it was just okay by my standards. My heart was pounding in my chest as I got up to speak... I could barely breathe... one chance ...stand on the red circle and deliver.

Here is the big breakthrough. It wasn't great, it was only okay. I know that. But that was as good as I could muster that day, and *that* is just fine. Maybe I'll get another shot; maybe not. I know I'll say yes now to *any* opportunity that makes me uncomfortable in the service of something noble. I love, love, love, the message of the talk. But, I'm disappointed in how I delivered it. I know I can be better. It's like blowing the high note while singing the National Anthem at a ball game. Well, maybe not that bad, but close.

But, so what? My discomfort is about my ego being a little undernourished. My ego needs no more food! It gets enough. Since giving my TEDx talk, I've been working on my message over and over, until I get it right. I'm more inspired than ever to get better at conveying the message of being a positive energizer to the people around us. I ended my talk with the simple suggestion to be the sun, not the salt, and to leave people with an afterglow, not an aftertaste. The moral of my story is to not salt my own roots and to practice what I preach.



Read more Out of My Comfort
Zone stories online.

New Cohousing Condos Now Available



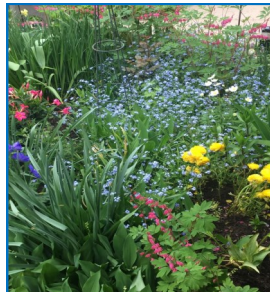
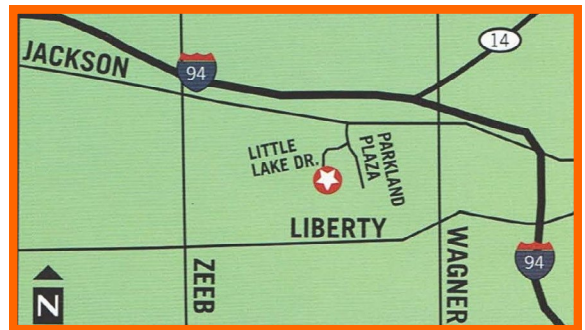
560 Little Lake Drive, Ann Arbor, MI 48103

*****From 338,500—\$408,000*****

*9' first floors, spacious 2-3 bedroom condos.
Square footage from 1008 sq.ft. to 1748 sq. ft.

*Wide pathways throughout the community and
parking on perimeter. Garden spaces available.

*Common House—24/7 access for mail, laundry
facility, several meeting rooms, kitchen and
dining area for optional community wide dinners.



Contact Praxis Properties

Jane Finkbeiner

(734)323-0019

jane@praxisproperties.com

Call Now For A Tour

www.touchstonecohousing.org

To Vaccinate Or Not To Vaccinate, That Is The Question.

Thoughts On the Covid-19 Vaccine

By James Neuenschwander M.D.

[Editor's Note: Dr. James Neuenschwander, M.D. (aka Dr. Neu) is a respected integrative physician in this region. We reached out to him to see if he had comments about navigating the pandemic. He offered us a thought-provoking commentary (below) about the COVID-19 vaccine. Dr. Neu's views on the COVID-19 vaccine are his own and are not intended, in any way, to represent the views of The Crazy Wisdom Weekly.]

We would love to publish other points of view about the vaccine, so please reach out to us! We seek to publish a diverse set of views on topical subjects for our readership, especially on our core subject areas of psychology, spirituality, holistic health and integrative medicine, conscious living, and sustainability.

We've followed Dr. Neu's work and integrative approach in the pages of The Crazy Wisdom Community Journal for 25 years. He was last interviewed in-depth in our May thru August 2011 Issue. [Issue #48 is available in its Flipbook edition on our archive at crazywisdom.com.](https://www.crazywisdom.com)

Dr. Neu founded Bio Energy Medical Center, a multidisciplinary, integrative medical practice located in Ann Arbor. Since the formation of his practice in 1988, he has treated children and adults with complex, chronic health problems which have not responded to conventional therapies. Bio Energy Medical Center strives to promote wellness through prevention. Bio Energy's services include Acupuncture, Classical Homeopathy, IV-Therapy, and Bio-Identical Hormone Replacement Therapy.

Dr. Neu graduated Magna Cum Laude with a Bachelor of Science Degree, in the honors program in cellular and molecular biology from the University of Michigan in 1981. He went on to receive his Medical Degree in 1985, from the University of Michigan.

SARS-CoV-2 has turned our world up-side down and created divisions in our society unlike any other infection before it. With the advent of the new Covid vaccines, this division has intensified. To paraphrase Shakespeare, "To vaccinate or not to vaccinate, that is the question."

We now have two new Covid vaccines available in the United States (Covid-19 is the disease associated with the SARS-CoV-2 virus). Both have been fast-tracked. They are approved under an

emergency use authorization (EUA) for anyone over 16 years of age. Other than age, there are no other restrictions on its use (even in pregnancy). This has led most of my patients to question whether they should get this vaccine. I will try to cover the issues, both pro and con, that are unique to this vaccine as well as issues that apply to all vaccines.

First, let us start with the EUA. It is essential to understand that this vaccine is *not* FDA approved. Its use is allowed through an emergency use authorization (EUA)—it is still considered an experimental vaccine (and that it is). The two vaccines that were approved, one from Pfizer and one from Moderna, are using brand new technology. They did not simply use proven technology from other vaccines and adapt it to the SARS-CoV-2 virus. It uses messenger RNA (mRNA) that codes for a part of the SARS-CoV-2 spike protein (this is what allows the virus to attach to a cell and start the infection). The assumption is that your cell's machinery will translate that mRNA into a viral protein, and this will initiate an immune response. There are two key things to remember about mRNA vaccines. The first is that this approach has failed multiple times with other RNA viruses (Ebola, Hep C, and HIV to name a few). The second is that nothing pisses off the immune system like RNA and DNA. These are danger signals to the immune system to let it know that something is afoot (more on this below). This is likely why all of the participants in Moderna's phase I trial had a reaction to the vaccine and why the Advisory Committee on Immunization Practices (ACIP—the committee that advises the CDC on how FDA approved vaccines should be used and what goes on the vaccine schedule) recommends that hospitals stagger their use of the vaccine so that entire units of staff are not off work at the same time due to vaccine reactions. The fact that this vaccine, still in an experimental form, is going to be allowed to be used on the 250+ million Americans that are over 16 with no restrictions should give you pause. This is the ultimate finger in the eye to anyone concerned over vaccine safety. The FDA and ACIP are so convinced of the safety of every vaccine that they are willing to unleash an unproven vaccine on the entire population. We all become, in essence, part of an experimental vaccine trial. Remember, the more people that get this vaccine (including the saline control arm of the original trial), the less we are going to be able to tell if an event is the result of the vaccine. The threat that employers and governments are going to mandate this vaccine makes the situation even scarier.

Let us look at what the ACIP has told us about the vaccine. To recommend vaccines that have been FDA approved,

continued on next page

Thoughts on the Covid-19 Vaccine....

ACIP uses a system called GRADE (grading of assessment, development, and evaluation) to determine if a vaccine should be recommended for use in a specific population. For the Covid vaccine, they identified five areas to GRADE for effectiveness: 1) does the vaccine prevent symptomatic cases of Covid? 2) Does the vaccine prevent deaths from Covid? 3) Does the vaccine prevent hospitalizations from Covid? 4) Does the vaccine result in development of antibodies to the virus? 5) Does the vaccine prevent asymptomatic/carrier status—presence of Sars-CoV-2 on a nasal swab without symptoms? Out of these five endpoints, the experiments were designed to answer only the first one. None of the other criteria were met.

For the one criterion that was met (does the vaccine prevent symptomatic infection?), the data was based on about 200 people that got Covid in the study (these were the approximate numbers for both Pfizer and Moderna). Remember, these companies did not vaccinate people then expose them to the virus, they took 30,000 people (Moderna) or 40,000 people (Pfizer) and vaccinated half of them. They then sat back and waited to see who became symptomatic. About 200 people for each trial developed symptoms of COVID and tested positive for the SARS-CoV-2 virus. Of those people, about 95% of them were in the unvaccinated group, hence the headlines about 95% efficacy of the vaccine. To me, 95% efficacy means that in the control group, 100% of people exposed to the virus got the disease while only 5% of the vaccinated group got the disease after exposure.

The FDA and ACIP are basing their recommendations for hundreds of millions of people on the results in 200 people. If the efficacy is truly 95%, then this is an effective vaccine; but is it truly 95% effective? Peter Doshi, M.D., one of the editors of *The British Medical Journal*, pointed out that Pfizer also had a category of data on people with “suspected but not confirmed” Covid-19. These were people that had some symptoms of Covid, but were not tested based on the protocol. It was a much larger group with 1594 in the vaccine group and 1816 in the control group. If these people had Covid (we will never know—they weren’t tested), then suddenly the efficacy drops from 95% to about 53% (using the same math). 50% effectiveness is not a vaccine that I would even consider. The ACIP committee, based on the 95% number, gave this criterion a grade of 1 (highest level).

Let’s get back to the 200 cases that were identified and used as the GRADE criteria to meet the first endpoint. It defies logic to consider this adequate evidence of effectiveness. This is particularly true of high-risk patients—those over 65 with comorbid conditions. There were about 20 cases in this age group. The important thing to recognize is that over 99.5% of people that get Covid will survive. It is those 0.5% that die or

the people that require hospitalization that we need to worry about. If you are getting a vaccine to prevent death, you are likely to tolerate more of a risk than if you are taking a vaccine to prevent a few days of feeling miserable. So, what about the effectiveness of the vaccine preventing hospitalization or death (GRADE criteria 2 and 3)? The study could not comment on this. The numbers of confirmed Covid patients were too small and none of them were particularly ill. They could not tell if this vaccine decreased the death rate or serious illness rate from Sars-CoV-2. I cannot over-emphasize the importance of this point. The purpose of a vaccine is usually two-fold: prevent the person who is getting the vaccine from developing a severe or

fatal case of the infection and prevent the person getting the vaccine from passing the infection to someone else. As we pointed out, these two trials could not determine if the vaccine prevented serious disease or death.

The fourth criterion, does the vaccine result in antibody production, is also important. There are many places in the world where you need proof of either no active infection (a negative PCR swab) or proof of prior infection (positive antibodies). Antibodies have traditionally been used as a stand in marker for immunity. Almost every other vaccine has used antibody production as proof that the vaccine works. This is not the case for this vaccine. Antibodies were not tested on any of the subjects involved in either trial. Again, why not? If I have to have a positive antibody titer to prove immunity from a natural infection, why wouldn’t Pfizer and Moderna have to do the same thing to prove immunity from their vaccine? I understand, at least for Covid, that other elements of the immune response (like T-cell

immunity) are more important than antibodies, but no testing of the immune response was done. This is particularly important in this type of trial where you expect that only a fraction of people will actually get the illness. I would be much more confident on recommending the vaccine if I knew that the vast majority of people developed antibodies to it.

The fifth criterion (does it prevent the asymptomatic carrier status) is critical, because this is the justification for wearing masks. To be clear, mask mandates are not put in place so that you don’t get Covid. You can voluntarily wear a mask anytime you want; this does not require a mandate. Mandates are put into place, because there is a belief (based on very little evidence, but I won’t argue that now) that people without symptoms can be infected with the SARS-CoV-2 virus and spread it to others (the asymptomatic super-spreader). In order for those masks to come off, to have parties with multiple people present, to go to a full stadium, or sit at a crowded bar, you have to show that the vaccine prevents transmission of the virus. Until they can prove this, it makes it difficult to justify mandating this vaccine.



Dr. James Neuenschwander, M.D.

We have a possible answer to one of these five criteria (all of them were ranked as critical or very important). The vaccine appears to prevent at least mild cases of Covid. We do not know if it prevents serious illness, prevents death, protects the elderly or immunocompromised, improves outcomes in high-risk groups, creates antibodies, or prevents transmission. Given Dr. Doshi's revelation, we are not even sure of the effectiveness. The one positive outcome was the sole basis for the EUA.

We see the same issues when considering safety. I will address Pfizer's vaccine in particular (because we have more in-depth data), but the results were similar in both trials. When you look at the data that Pfizer provided for the FDA EUA, there was a serious adverse event rate (grade III) of 8.8% (versus 2.1% for the control group). Despite this, they gave the safety of the vaccine the highest grade (1). Remember—this data is from people that received both vaccine injections. We now know that there were people excluded from the trial due to deviations from the protocol. Typically, you will have a similar number in both the control and treatment arm that are excluded if it is random (didn't follow up, moved to a different location). In the case of Pfizer's trial, there were about five times more people excluded from the vaccine arm than the control arm. It is possible that the "deviation from protocol" was partly because these people had a serious reaction to the first injection and did not continue with the second injection—they were not counted in that 8.8%. We don't know, Pfizer has not detailed why these people were excluded. Remember that this vaccine was not studied in specific groups for safety (or efficacy)—in pregnant women, children under 16, immunocompromised individuals, or individuals with autoimmune disorders. No one can make an evidence-based recommendation for those groups.

So why would this (or any vaccine) be dangerous to the person receiving it? Most of us that deal with vaccine injured patients see injuries that are basically due to immune system over-activation. Because a vaccine, to be effective, has to elicit an immune response to the agent in the vaccine, manufacturers will frequently add an agent (an adjuvant) to the vaccine to make it effective. In the case of the Covid vaccine, no adjuvant was required. This is likely because the vaccine consists of mRNA along with lipids (fats) that encapsulate the mRNA and allow it to get into cells. In the world of cell biology, there is something called the cell danger response (CDR). Individual cells will respond to danger signals (molecules that let the cell know that something is wrong) by changing their function radically: increasing the amounts of damaging agents (oxygen free radicals), minimizing the use of oxygen to make energy (results in much less energy production overall), and disconnecting from its neighbors. This is part of why we feel exhausted when we are coming down with an infection. The CDR also results in misfolding of proteins and potential damage to the cell and the cell's function. Two of the prime drivers of the CDR are DNA and RNA. Both belong inside a cell; both are highly protected within the cell. This is likely why 100% of the phase I participants in the Moderna trial had fevers or some type of whole-body response (as opposed to a simple local reaction to the injection). It is also likely why many people (particularly with the second dose of the vaccine) experience severe fatigue to the point where they are unable to work. We know that people's immune response is on a bell curve—some people over-react, and some people under-react. These tend to be a small minority. If you engineer your vaccine to elicit a certain response in the general population and

give everyone the same dose, you will invariably have people that do not respond to your vaccine, and you will have people that over-respond to your vaccine. It is this last group that is likely to have adverse events from a vaccine. From Pfizer's own information from animal models, we know that this mRNA from the vaccine can be found in multiple tissues in the body (including brain) after injection—it does not stay at the site into which it was injected. We have also started to see bizarre neurologic responses to the vaccine along with autoimmunity (including idiopathic thrombocytopenic purpura, an autoimmune disorder in which you destroy your platelets and increase your risk of bleeding). Many of us are most concerned over this risk of autoimmunity with the vaccine.

When evaluating a medical intervention (like a vaccine), we have to consider risk versus benefit. In this case, what is the risk of having a bad outcome with Covid versus the risk of the vaccine and benefit of the vaccine. At this stage of the game for most of us, the risk of Covid is extremely low. The risk of a serious side effect of the vaccine is at least 8.8% (this does not include long term issues like autoimmune disorders, infertility, and cancer—we will probably never know the risks of these outcomes despite evidence that they have occurred with other vaccines). We do not know the real benefit of the vaccine—no one in Pfizer's study was seriously ill: no one was hospitalized or died of Covid. This makes it impossible to determine if there is actual benefit for most of us—if we get Covid, the vast majority of us will not be hospitalized or die. This means that the vaccine has little benefit for the vast majority of people taking it. We can't say if the vaccine will prevent us from transmitting Covid to someone else, so this justification is not currently valid.

So back to our question, "to vaccinate or not to vaccinate?" If you are very high risk (morbidly obese, type II diabetic, over 65 with co-morbid conditions, a nursing home resident), then the vaccine might make sense to you. Even then, there is no guarantee that the vaccine is effective in these specific populations—we don't have adequate information. Ultimately, you have to make your own decision to answer this question based on inadequate evidence—I call this a guess. Make sure that you make that decision with open eyes and a discerning mind and not out of media-driven fear of this disease. Whatever decision you make, it is critical that you take care of yourself. You will likely do more for your risk by taking care of your health than you will from this vaccine. The same care that prevents disease might also improve your outcome with the vaccine. I wish you all the best outcome with whatever decision you make.



BIO ENERGY
MEDICAL CENTER
TREATING ILLNESS AT ITS SOURCE



A full service holistic center specializing in Alternative & Complementary Medicine - Located in Ann Arbor for over 30 years

We specialize in: Hormone Imbalances Allergies, Women's Health, Autism Infertility, Weight Issues, Toxicity Lyme Disease, Nutrient Deficiencies Chronic Fatigue, Autoimmune Conditions Pain, ADD/ADHD & More	Homeopathy Acupuncture IV Therapy Specialized Testing Bio-Identical Hormones Nutritional Counseling Weight Loss Herbal Medicine Dietary Supplements
---	--

James Neuenschwander, MD.
Weili Wang, OMD (NCCAOM)
Uma Desai, BHMS, CCH, RSHom(NA)
Maria Gahry, DNP, RN, FNP-BC
Jade Russell, MSN, RN, FNP-BC

www.bioenergymedicalcenter.com

734-995-3200

From Our Archives



Psychotherapist Lynn Sipher

“Mindfulness cultivates a non-adversarial relationship to symptoms.”

Falling Awake: Mindfulness for Depression and Anxiety

Bill Zirinsky: Lynn, you’ve been teaching a class called *Falling Awake: Mindfulness for Depression and Anxiety*. Tell us about it.

Lynn Sipher: The class is centered around the idea that we are often living on automatic pilot: our minds in one place, our bodies in another. Autopilot is what happens when we hear a person’s name one minute and can’t remember it the next or when we have just finished eating a snack and don’t remember eating. In *Falling Awake* classes, people living with depression and anxiety are learning to become more aware of their moment-to-moment experience without judging it. Many people who live with anxiety and depression believe they are only too aware of these states. What they discover, however, is that these states actually creep in subtly when they are on autopilot; when they aren’t paying attention. Once people have awareness that anxiety and depression are present, this approach helps them create a space to decide what they are going to do next. *Falling Awake* is built on two therapeutic approaches: Mindfulness-based Cognitive Therapy for Depression (MBCT) and Acceptance and Commitment Therapy (ACT).

BZ: Are your classes for people in the midst of a depressive episode? And are your classes group therapy?

Lynn Sipher: People in the midst of a depressive episode will probably not have the mental energy or motivation to practice sitting meditation and other exercises that help build awareness. The class is designed for people who are feeling better than they once were after an episode of depression and want to build skills to prevent another possible episode. Unless someone is too anxious to be in class, most anyone with anxiety can benefit. The classes are educational and practical in nature. I teach formal and informal skills of mindfulness. *Falling Awake* is not a substitute for individual therapy nor is it group therapy.

You mentioned to me that in your classes, you are encouraging people to not cultivate meanness toward their anxiety and depression, and to notice their experiences and be curious about them. Can you elaborate on that, and in doing so, share with us the essence of what you are trying to offer people who come to your 8-week class on *Mindfulness for Depression and Anxiety*?

Sipher: What I invite in *Falling Awake* is a kind, compassionate, patient, and accepting approach to what is happening inside of us; what is already there. It only makes things worse if we are feeling lousy and then beat ourselves up about it; or think we shouldn’t be experiencing what we are experiencing. Mindfulness cultivates a non-adversarial relationship to symptoms. If a symptom is there, we might allow it to come and go. We may learn, for example, to become curious about the ways the intensity changes or become aware of the ways it manifests in our bodies. It seems the more present and aware we are as we go through unpleasant experiences, the less “hold” they have on us. It’s a radical idea. Try it with an itch sometime. Using mindfulness, you can actually ride the waves of an itch without scratching it.

You mentioned to me that people who suffer from depression are living with a chronic condition, and that “people are often fused with their depression.” What do you mean by that, and what kind of exercises might you do, in the class, related to that insight?

Sipher: People living with anxiety and depression often identify with these conditions as if it is all of who they are. “I am depressed.” “I have anxiety.” One exercise that helps separate them from identifying so closely with these conditions is being able to name the specific thoughts that are associated with them. “I’m a failure” and “I’m weak” are common for depression. “I can’t handle it” and “What if...?” are common for anxiety. Stepping back from these sweeping thoughts and recognizing them as simple mental events, not facts, is a practice that gives thoughts less power.

Do people in the class learn to meditate? And, if so, what kind of meditation?

Sipher: People in the class learn mindfulness meditation approaches every week. Mindfulness meditation is likened to a searchlight, illuminating what is in the field of awareness. Thoughts, feelings, body sensations, impulses and urges, and memories may arise. Our task is to notice what’s in the field and gently bring ourselves back to the vehicle for meditation, which is often the breath.

Is it satisfying for you to be working with depression and anxiety in this manner?

Sipher: I love teaching this class! I love witnessing people waking up to a different relationship with depression and anxiety. It’s great to watch the unfolding understanding that depression and anxiety are simply aspects of the internal landscape at any given moment. They can live their lives fully, according to what they value, even if anxiety and depression are present. I am observing people becoming less oppressed by these conditions. It is an honor and privilege and, actually, a bit of a thrill to witness these kinds of shifts.

I know you were recently at a weeklong training on this subject. Please tell us a bit about that.

Sipher: The training was designed for mental health professionals interested in learning how to teach MBCT. There was an emphasis on facilitators having a personal mindfulness practice. We spent many hours in silence: meditating, mindful movement and even eating. Between periods of silence, the teaching/training happened. Over the last day and a half, we taught each other. We had the support and supervision of the three trainers, one of whom was Zindel Segal, Ph.D. -- a researcher and author of MBCT.

Can you elaborate on the distinction between a mindfully informed therapy practice, and mindfulness-based psychotherapy?

Sipher: In a mindfully informed practice, therapists have their own mindfulness practices and often read literature on mindfulness and psychotherapy. The knowledge from those activities informs their work. Clients would not necessarily realize this influence any more than other

3 Books on Mindful Approaches to Anxiety and Depression

The Mindful Way through Depression by Williams, Teasdale, Segal and Kabat-Zinn. This book includes a CD with meditations by Kabat-Zinn.

Full Catastrophe Living by Jon Kabat-Zinn. The original book on mindfulness-based stress reduction.

Calming Your Anxious Mind by Jeffery Brantley. A mindful approach to anxiety.

(These books are available at Crazy Wisdom.)



"I love witnessing people waking up to a different relationship with depression and anxiety."

influences unless they asked specifically. In mindfulness-based psychotherapy, therapists are teaching specific mindfulness skills (such as sitting meditation) during sessions.

How long have you been meditating?

Sipher: *Since 2001.*

How has a regular meditation practice changed your own daily life, and how has it affected or deepened your life overall?

Sipher: I find that I am less reactive to life's inevitable difficulties. When unpleasant events arise, I am more accepting of the way things are in the moment and paying more attention to my internal responses. I am able to more calmly think through my choices. One of these choices may be to focus on the breath, which creates a little more space for the mind and body to tap into the wisdom inherently there.

What do you most love about Ann Arbor in the springtime?

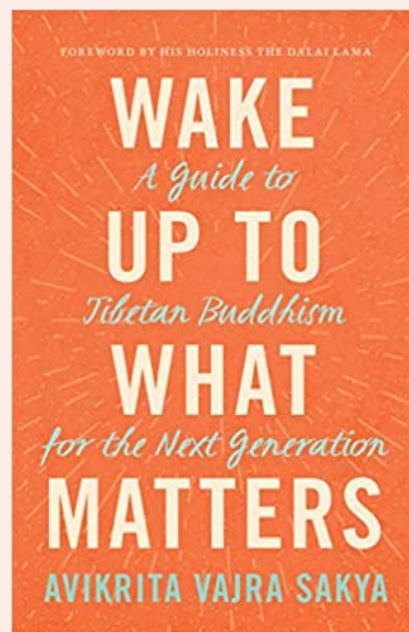
Sipher: I look forward to getting back to the Farmer's Market after winter hibernation. I enjoy seeing the growers with their newly budding plants and the possibilities they represent. I love supporting local vendors. Sometimes I just go for a sensory massage: colors, textures, and smells. It's also fun bumping into people I know. I appreciate being part of this community.

###

(Lynn Sipher, LMSW can be reached at 734-332-3365 or www.lynnipher.com)

[Read more from our archives online!](#)

Crazy Wisdom Book Pick of the Week



Wake Up To What Matters

This unique and fresh presentation of Tibetan Buddhism provides all the tools a millennial needs to navigate the Buddhist path in a modern world. The twenty-five-year-old lama, Avikrita Vajra Sakya, was born and raised in America and now lives in a monastery in India, training in and teaching meditation and Buddhist philosophy to hundreds of monks and nuns. He has thousands of students all over the world, with over 100,000 people following him on Facebook. His style of writing is frank and open, hitting straight to the heart of young people's concerns for why they should bother with a spiritual path in the age of cell phones and shopping malls.

There is no other book like this available that makes such a direct argument for being a twenty-first century Buddhist, whether you are living in Seattle or in a Himalayan hermitage. Fundamentally, we all have the same hang-ups and all equally have the potential to become buddhas ourselves by cultivating loving-kindness, compassion, and wisdom. And this book teaches readers to do just that.

Purchase your copy of [Wake Up To What Matters](#) at Crazy Wisdom Bookstore.

Belong! Explore! Become!

Find Your Way at The Institute!

Inspire a world
of health! Your
diploma in Massage
Therapy, Natural
Health, or Holistic
Doula is here.

**Call Now
to Find
Out More!**



(989) 773-1714 ~ Mount Pleasant, MI
contact@naturopathicinstitute.org
www.naturopathicinstitute.org

Naturopathy

(each year 600 hours)

Natural Health Educator.....1st Year
Natural Health Therapist.....2nd Year
Natural Health Practitioner.....3rd Year
Certified Naturopath.....4th Year

*4th Year graduates are eligible for
Doctor of Naturopathy National Test & Title*

Massage Therapy

Therapeutic Bodywork Practitioner...1 Year

Holistic Doula Practitioner

Certificate Course.....3 Classes

Diploma Course.....7 Months

All Classes Meet on Weekends

Fri: 5-9pm and Sat & Sun: 9am-6pm

Naturopaths: 1 per month - Massage: 2 per month

Individual Classes:

*Herbology - Aromatherapy - Nutrition
Live Food Preparation - Light Healing Touch
Reflexology - Homeopathy & Much More*

Over 25 Years of Experience ~ Licensed and Accredited

Crazy Wisdom Poetry Series

hosted by
Ed Morin, David Jibson,
and Rainey Lamey

Second and Fourth Wednesday
of each month, 7-9 p.m.

Until further notice, all sessions
are virtual and accessible through Zoom.

Email cwpoetrycircle@gmail.com for Zoom link

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Featured Reader

Hedy Habra



January 27 - Hedy Habra presents poetry and art together in a single ekphrastic program. Her third book of poems, *The Taste of the Earth*, won the Silver Nautilus Award. *Tea in Heliopolis* won the USA Best Book Award and *Under Brushstrokes* was finalist for the International Book Award. She has lived in Egypt, Brussels, and now Kalamazoo. Her website is hedyhabra.com

7:00 PM - 8:45 PM • Wednesday, January 27, 2021

Email cwpoetrycircle@gmail.com for Zoom link.

Featured reader is followed by Open Mic reading. • FREE. All writers welcome • Read your own or other favorite poetry. • Sign up begins 6:45 p.m. • Poetry Series readings every fourth Wednesday hosted by Joe Kelty, Ed Morin, & Dave Jibson. See our blog at cwcircle.poetry.blog.

THE CRAZY WISDOM COMMUNITY JOURNAL
SOUTHEASTERN MICHIGAN'S CONSCIOUS LIVING MAGAZINE

FREE

JANUARY THROUGH APRIL 2021 • Issue 76



Energy Healer
Karla Zarley

Ann Arbor's iZosh: Lifting Women Up Globally • Dr. Suman Tewari, Holistic Gynecologist
• Golden Fleece - Keeping You Warm and the Planet Cool • The Art of Sangchen Tsomo •
The Whimsical World of David Zinn • Forest Bathing and the Kindness of Trees
• Reflexologist Greg Knollmeyer • Fun (and Remote) Programs for Kids • Squirrel Sense •
Yoga Column • (Mostly Virtual) Events Calendar • And More

The winter issue of *The Crazy Wisdom Community Journal* is here! With articles on holistic practitioner Karla Zarley, Healing Writer's Block Through the Mystery School, Cashiering as a Spiritual Practice, and more! You don't want to miss it!



David's Eggs

a farmer-in-training raises
a fan favorite

All little boys receive hens for their fifth birthday, right? Our little farmer did! In 2013, we celebrated David's fifth birthday, and he received six hens. This was the birth of David's Eggs.

Over time friends and family members continued to gift more hens to David and his little business venture. Nearly eight years later, David still cares for his girls and collects eggs, and his flock has grown to about 150 hens.

Customers rave that David's eggs are **egg-ceptional**. Puns aside, we're truly proud of the quality we offer. So, what's the secret?

David was first taught about the importance of letting the chickens live free-range. They enjoy sunshine and blue skies, and in the gray Michigan winters, they're carefully tended (and kept warm!) in their roost. They also eat as well as you and I. David's hens enjoy a feat of fresh greens, garden scraps, sunflower seeds, and more. Healthy hens lay healthy—and delicious—eggs.



To learn more about David's Eggs, and HillTop Greenhouse and Farms where they are raised, please visit the farm online at Hilltopgreenhousea2.com and [read the Crazy Wisdom feature on HillTopfarm from Issue #67.](#)

A young girl with brown hair and a pink bow, wearing a colorful patterned shirt, is smiling and holding a large bunch of red radishes with green leaves. She is standing in front of a wooden table with potted plants.

**FAIR
FOOD
NETWORK**
GROW THE GOOD

**Growing the health and wealth of
communities through food – here
at home and across the country.**

fairfoodnetwork.org

Comfort Food

Chinese Shrimp and Pork Meatballs with Soy Glaze over Udon Noodles

Submitted by Angela Madaras

Prep 25 minutes

Bake 12 minutes at 375 Degrees

Ingredients:

2 Eggs
½ Cup finely ground bread crumbs
¼ Cup chopped green onion
¼ Cup fresh cilantro leaves
¼ Cup milk (use whatever milk you prefer)
½ tsp salt
½ Black pepper
1 Pound peeled and deveined shrimp finely chopped
1 Pound ground pork
1/3 Low sodium soy or tamari sauce
1/3 Cup seasoned rice vinegar
2 Tbsp Raw sugar
1 tsp minced grated ginger
Cooked noodles or rice in a separate container and kept warm
Asian chili sauce for serving along with slivers of green onion

1) Pre-heat oven. Combine bread crumbs, green onion, cilantro, milk and salt and mix well. Roll ground pork and chopped shrimp into balls and place on baking sheet brushed with oil. Bake 12-15 minutes. Drain off fat.

2) Place meatballs into crock pot. Place all other ingredients in a bowl or jar and mix well then pour over the meatballs. Add a ¼ cup water. Cover pot and cook on low for around 4 hours or on high for 2 hours. Keep warm until served. Serve over warm noodles or rice (or any grain-starch you prefer).



The Diamond Approach®

Explore the Diamond Approach,
a spiritual path whose aim
is to discover the deepest truth
of what it means to be human

New for winter 2021

Online Retreat

March 12, 13 and 14

Online Class

"Taming your Inner Critic"

Begins January 17, 2021
and runs for 6 consecutive Sundays

Diamond Approach®

Online Book Study

Continuing late winter, contact us for details
Live streaming using Zoom

Contact and registration: Lou at diamondworkmichigan@gmail.com



"Almas is one of the most significant voices for a new and remarkably integrated spiritual vision. His work combines the personal, the universal, the psychological and the spiritual ... I respect his work to the highest degree ..."

— Jack Kornfield



Guidance | Confirmation | Direction

READINGS WITH GAIL

PSYCHIC/MEDIUM, LICENSED PROFESSIONAL COUNSELOR, MA, LLPC

Private insights about your
personal, professional, and
spiritual life.

Spiritual healing through
mediumship, clairvoyance, and
guided meditations.



PRIVATE READINGS - GROUP EVENTS - GIFT CERTIFICATES

313-655-7694 READINGSWITHGAIL.COM
EMBERYG@YAHOO.COM

The Crazy Wisdom ^{weekly} Calendar

Energy and Healing

Pure Spiritual Healing Course - Virtual Training • Saturday, Feb. 2 • 2:30 p.m. • Unconditional Love and Professionalism ~ the ideal combination for a caring Healer. Healing energy comes from a loving Infinite source and empowers those who receive it to take responsibility for themselves. We will begin this training virtually and consider whether we are able to shift to in-person. If we need to stay virtual, we will cover the first two of five modules over 20 half day training sessions. \$1,100 for the first two modules. Contact Self Realization Sevalight Centre for Pure Meditation, Healing, & Counselling at 517-641-6201; info@SelfRealizationCentreMichigan.org or www.SelfRealizationCentreMichigan.org.

For the Kids

Nature Kids in Eberwhite Woods • Saturday, Jan. 20 • 11 a.m. • Ages 2 - 5 years & Adult. Join Naturalist Chris Colaner in an innovative class entirely outside in Eberwhite Woods! We explore a new STEAM concept in each workshop while enjoying the wintry natural wonders of the woods. Each class is loosely guided by a science theme and/or activity, and includes exploration, free-play, art and music. Register for one or all three. Class meets rain, snow or shine so dress for the weather and bring a change of clothing just in case! Meet at the entrance of Eberwhite Woods next to the west parking lot of Eberwhite School, 800 Soule, 48103. If weather conditions are unsafe, make-up dates are available. All adults and children are expected to wear masks. The First Steps Early Childhood PTO will help to provide winter outerwear for families in need who otherwise would not be able to participate. Instructor: Chris Colaner. Scholarship recipients pay \$5. For more information email Browns@aaps.k12.mi.us or visit apm.activecommunities.com.

Love and Relationships

Creating Your Ideal Mate with Karen Greenberg • Sunday, Feb. 14 • 1 p.m. • Identify your Ideal Mate's qualities (as I did so to manifest my mate of over two decades) and enhance these with the richness of the group input. Learn how to use ceremony, meditation, chanting, movement, fragrances, essences, elixirs, herbs, flowers, colors, shapes, metals, altars with sacred symbols, Archetypal images, and candles. Learn to work to remove blockages, to work through fears and "deserving" issues, and to trust the Divine Order and Timing! \$125. Contact Karen at 417-9511; krngrnbg@gmail.com or www.clair-ascension.com/.

Living Love Project with Michael Oliver • Sundays • 11 a.m.
• Learn about living and sharing love in fun, achievable ways... using wooden hearts to share world-wide. Free. Contact Michael at 313-819-7567; michael@mindtation.com or mindtation.com.

Meditation

Zen Meditation with Jissoji Zen Ann Arbor practitioners online • Sundays, Jan. 31, February 7 • 11 a.m. • Zen meditation in the tradition of Shrunyu Suzuki, founder of San Francisco Zen Center. Instructions are available by request, the group meets on Zoom every week, Ceremonies rotate according to the Buddhist calendar. Donations welcome. Contact Marta at 248-202-3102; JissojiZen@gmail.com or JissojiZen.org.

Mindful Pause—Mindfulness of Breath with The Weber Center • Thursday, Jan. 28 • 4 p.m. • Mindfulness of Breath and Physical Body calms your mind and opens your heart. Each morning we are born again. Registration Requested. Free. Contact The Weber Center at 517-266-4000 or www.webercenter.org.

Nature Bath with Amanda Anastasia • Sundays, Jan. 31 and Feb. 7th • 11 a.m. • Soak in the high-vibration, healing energies of nature as we collectively engage in a guided meditative immersion that will bring you back home to all that you are. Led by Amanda Anastasia, yoga instructor and joy coach. Dress for the weather and look forward to feeling refreshed by the loving, warming connections we will make with all your relations - earth, wind, air and fire. Please contact Amanda to register at least three hours prior to the event. We will be meeting in various locations in Ann Arbor. Details will be emailed closer to the date. Approx. one-two hour workshop. Sliding scale fee: \$33-\$77. Contact Amanda at amahessling@gmail.com or www.joypriestess.com.

Movement and Dance

Zoom Ann Arbor - Toledo First Friday Dances of Universal Peace • Fridays, Feb. 5, Mar. 5, Apr. 2 • 7 p.m. • Dances of Universal Peace, moving meditation, will be led on the Zoom platform to guide personal meditation and dance, while keeping dancers safe. The Dances of Universal Peace, dubbed Sufi Dances, were created in the 60s by Samuel Lewis and celebrate mantras of the world religions. Donation welcome. Contact Judy at 419-475-6535; jltrautman@sbcglobal.net or <https://sites.google.com/view/a2-toledodup/home>.

Personal Growth

Healthy Boundaries with Karen Greenberg • Sunday, Jan. 31 • 12 p.m. • Learn how to define “Healthy Boundaries” for and with yourself, and how to set and enforce them (without caving in), and how to respect others’ boundaries, in all kinds of personal and professional relationships and situations. Role play is a chief learning tool in the work. \$55. Contact Karen at 417-9511; krngnbg@gmail.com or <http://www.clair-ascension.com/>.

Shamanism

Healing with Spiritual Light and Medicine for the Earth with Judy Ramsey • Saturday and Sunday, Jan. 23-24 and 30-31 • 9 a.m. • Explore the depth of your own inner light and its connection with All That Is. Learn how to transform the energy behind toxic thoughts, achieving balance in yourself and harmony in your world. You will connect with nature, spirit allies, and the elements to learn how to transform and heal yourself, your community and your environment. Suggested reading: *Medicine for the Earth: How to Transform Personal and Environmental Toxins* by Sandra Ingerman. Journeying skills are not required. All levels and traditions are welcome. This class will be presented online through a ZOOM platform. \$360 by Jan. 5. \$440 after. Contact Judy at 517-480-4513; ramsey.judy003@yahoo.com or <https://JudyRamsey.net>.

Spiritual Development

Understanding OurSelves and the Way Forward ~ Virtual Workshop with Self Realization Sevalight Centre for Pure Meditation, Healing & Counselling • Saturdays, Jan. 23, 30 • 2:30-5 p.m. • Are you searching to find meaning in what’s happening? Looking for ways to keep from getting caught in the emotion, conflict, negativity and fear? Looking for ways to make lasting changes? Want to help bring more positivity and Light to yourself and the world? Join us to look at all these and learn simple techniques that take moments to use that can help you to be more yourSelf no matter what’s happening. Also available by appointment. Please see our website for more and updates on retreat availability! \$120. If you cannot afford the full fees, please ask about a bursary. Contact Self Realization Sevalight Centre for Pure Meditation, Healing, & Counselling at 517-641-6201, info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org

Unveiling your Divine with Susan Billmaier • Saturdays, Feb. 6, Mar. 6, Apr. 3 • 3 p.m. • A landscape usually is viewed from one vantage point. What if you could expand that view that embraces a number of perspectives and possibilities? During this course, Wasantha will help to guide you in your process of discovery. You will learn to identify the colors, shapes, and veils that have shaped your inner landscape. Using writing, sounding, and art you will unveil parallel inner landscapes that will be foundational to developing a ritual to bridging the potential of living a life vibrating at a more divine frequency. \$150. Contact Susan at 678-2071; evenstar.institute@gmail.com or evenstarschalice.com/institute.

Writing and Poetry

Sit. Stop. Write. Zen and Poetry workshop with Dmitry Berenson • Sundays, Jan. 24, Feb. 28, Mar. 28, Apr. 25 • 1:15 p.m. • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We’ll do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Donations welcome. Contact Marta at 248-202-3102; JissoJiZen@gmail.com or JissoJiZen.org.

Writing and Healing with Susan Billmaier • Sundays, Jan. 31, Feb. 7, 14, 21, 28 • 7 p.m. • Sacred Writing is a simple, powerful, loving approach to spending time with Self and All That Is. In class circle, you will receive this small gift and learn techniques to be in each moment and to deepen. There are three parts to the class: ways and practice of sitting in the present moment, sacred writing itself, and reflecting on our experiences and process. All Sacred Writing is private—it is for nobody but you. Together, we will co-create time and space for sharing our experiences of Sacred Writing and for inspiring each other and ourselves. \$135. Contact Susan at 678-2071; evenstar.institute@gmail.com or evenstarschalice.com/institute.

Lifelines Workshop with Susan Billmaier • Wednesdays, Feb. 10, 17, 24 • 7 p.m. • Looking backwards, we can trace the threads of our lives and begin to see, with gratitude and awe, our unique tapestries. Look! There are your colors, spirit, love, lessons, epiphanies—all you have co-created! Simple Lifelines and deepening techniques—focused on Self and Soul desires and needs—are creative and powerful tools for self-understanding, synthesis, and healing. Come join a small circle of introspective souls. Let’s engage in deep soul play. \$81. Contact Susan at 678-2071; evenstar.institute@gmail.com or evenstarschalice.com/institute.

Yoga

Yin Yoga Workshop • Friday, Jan. 22 • 5 p.m. This four-session livestream Yin Yoga workshop targets deep connective tissues between muscles and fascia throughout the body for increased circulation in the joints and improved flexibility. These virtual workshops are held on Fridays at 5 p.m., beginning Jan. 22, 2021. Subsequent classes are Jan. 29, Feb. 5 and Feb. 12. Advance registration required. Cost is \$160. Imagine Fitness & Yoga is a full-service fitness center that specializes in developing the strength, flexibility and balance essential for a healthy lifestyle. Call 734-622-8119 or email: imagine@imaginefitnessandyoga.com to register, or [visit them online to learn more](#).

Get your calendar listings in
by Monday morning at
10 A.M. for the next
Crazy Wisdom Weekly Issue!
[Send your listing in here.](#)

A photograph of a winter forest scene. The foreground is a smooth, snow-covered slope. On either side, tall evergreen trees are heavily laden with snow, their branches drooping under the weight. The background shows a dense forest of similar trees stretching up a hillside. The sky is a pale, clear blue. The overall atmosphere is serene and quiet.

*Let me never fall into the vulgar
mistake of dreaming that I am
persecuted whenever I am contradicted.*

Ralph Waldo Emerson

Photo by Daniel Schwarz on Unsplash.